

## California 5 a Day— Be Active! Worksite Program

In order to increase employee access to healthy food and beverage options at work, The *California 5 a Day—Be Active! Worksite Program* is encouraging employers to implement the following healthy food and beverage standards in their onsite vending machines.

## VENDING MACHINE FOOD STANDARDS

### Mandatory Nutrition Standards

At least 50 percent of foods served in vending machines should meet the following nutrition standards:

1. Have no more than 35 percent of its calories from total fat (not including nuts and seeds).<sup>1</sup>
2. Have no more than 10 percent of its calories from saturated fat.<sup>1</sup>
3. Have no more than 35 percent sugar by weight (not including fruits or vegetables).<sup>1</sup>

### Recommended Nutrition Standards

At least 50 percent of foods served in vending machines should meet the following nutrition standards:

1. Have no more than 360 milligrams (mg) of sodium per serving.<sup>2</sup>
2. Contain at least 2 grams (g) of dietary fiber per serving.
3. When a standard becomes available, limit trans fats.<sup>3</sup>

### Mandatory Pricing/Placement Standards

1. Food items meeting the mandatory/recommended nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining items within the vending machine that do not meet these nutrition standards.
2. Food items meeting the mandatory/recommended nutrition standards must be placed within the top third of the vending machine so that they are visible at eye level.

## VENDING MACHINE BEVERAGE STANDARDS

### Mandatory Nutrition Standards

At least 50 percent of beverage vending machine offerings must include:

1. Beverages that contain 100 percent fruit or vegetable juice with no added sweeteners.<sup>1</sup>
2. Water.<sup>1</sup>
3. Nonfat or 1% lowfat milk.<sup>1</sup>
4. Beverages that are limited to a portion size no greater than 12 ounces (no limit on water).  
Note: If juices are available in smaller-sized portions (6 ounces), they would be preferred.<sup>4</sup>

### Mandatory Pricing/Placement Standards

1. Beverages meeting the mandatory/recommended nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining beverages within the vending machine that do not meet these nutrition standards.
2. Beverages meeting the mandatory/recommended nutrition standards must be placed within the top third of the vending machine so that they are visible at eye level.



<sup>1</sup> SB 19 Standard

<sup>2</sup> FDA definition for "healthy" food label claim

<sup>3</sup> IOM report entitled "Dietary Reference Intakes: Guiding Principles for Nutrition Labeling and Fortification"

<sup>4</sup> SB 19 School Nutrition Consensus Panel

## HEALTHY VENDING MACHINE OPTIONS

### Non-Refrigerated Healthy Vending Machine Options

- Canned fruit cups
- Dried fruits, such as raisins, apricots, and apples
- Pretzels
- Baked chips
- Lowfat popcorn
- Whole grain crackers
- Lowfat granola bars
- Lowfat, whole grain cereals
- Lowfat, whole grain cereal bars
- Trail mix
- Graham crackers
- Animal crackers
- Plain and salted nuts
- 100% fruit leather
- Fig bars
- Salsa with baked tortilla chips



### Refrigerated/Frozen Healthy Vending Machine Options

- Vegetables, such as baby carrots, broccoli florets, and celery sticks
- Fresh fruit salads
- Fresh vegetable salads with lowfat or fat free dressing
- Packaged fruit slices (such as sliced apples)
- Nonfat yogurt
- Nonfat cottage cheese
- Sandwiches made with vegetables and/or lean meats on whole grain bread
- Frozen 100% fruit bars
- Water
- 100% fruit juice
- 100% vegetable juice
- Nonfat or 1% lowfat milk

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